

**Is non-stick cookware safe to use?**

pg 8



**Britney considers converting to Judaism**

pg 14



# McCartney show lives up to hype

Former Beatles star plays a wide assortment of hits

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**It was a day where anything that could go wrong didn't.**

Under a beaming daylight sun and refreshing breeze, tens of thousands of fans gathered for what many called a simply perfect concert on the Halifax Common.

Paul McCartney could never play all of his beloved songs, but there was no shortage of incredible moments from the former Beatle.

There was rock, from the Drive My Car opening, to a blistering rendition of Helter Skelter, and the fireball and firework-laden showstopper Live And Let Die.

These contrasted with the soulful moments of more than 50,000 people singing in harmony. It started with a singalong of Blackbird while the scent of one part sweat and one part marijuana wafted through the air.

Then it was Let It Be, A Day In The Life, Yesterday and perhaps the definitive singalong song, Hey Jude.

McCartney himself was downright playful. He frequently paused between songs to joke with the audi-

ence and mug for the cameras. A false-start on Paperback Writer seemed almost like an excuse to interact with the crowd more.

"OK, it was my mistake," he said to laughter.

"It's my show, I'll get it wrong if I like."

After being distracted by a girl waving a sign saying, "Will you sign my arm so I can get it tattooed," McCartney called her onstage to grant her wish. Delirious, the girl ran around the stage hugging everyone.

He paid tribute to his former bandmates with a ukulele version of George Harrison's beautiful song

**"See you, Halifax! We love you. We'll see you next time."**

Paul McCartney

Something and there was a spooky silence for his John Lennon remembrance song Here Today. He even had a nod to Jimi Hendrix and sent regards from Neil Young.

There was a tribute to Nova Scotia as well when the 78th Highlanders pipes and drums joined him onstage to ravid applause for Mull of Kintyre. McCartney then brought down an incredible finale by playing the end few minutes of the final Beatles album, Abbey Road.

After more than 30 songs and two and a half hours he left the stage with one last coy message: "See you, Halifax! We love you. We'll see you next time."



Paul McCartney acknowledges his throngs of fans gathered on the Halifax Common for Saturday night's concert. Wintersleep and Joel Plaskett, both of Halifax, were two of the three opening acts. More coverage, pg 2

## Sir Paul 'wowed' by Halifax

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**HOTEL** Sir Paul McCartney came and left Halifax in a flash, taking off shortly after his spectacular Saturday night show, sources say.

"He departed right after the concert," a source who wished to remain anonymous, revealed yesterday. "He did not return to the hotel."

Although he wasn't in

town for long, it sounds as though Halifax still managed to make a positive impression on him, even though he spent a good chunk of his short time here hanging out in the Victoria Suite at the Lord Nelson Hotel on South Park Street.

"He walked into his room and he said 'Wow,'" the source said. "He saw that (the hotel) had rented him a piano. He immediately sat down and started to play."

The source said he was "very kind" to staff, shared some family photos and for the most part "dined in his room," adding the hotel provided organic food for the vegan musician.

Sir Paul's private jet touched down on Nova Scotia soil Friday. The source said his only requests were for lilies to be put in his room and for his suit to be pressed before he hit the Halifax Common stage.

## Concert-goers were well behaved: Cops

**CROWDS** The local police force is giving its nod of approval to the people who took to the streets the night of the Sir Paul McCartney concert on The Halifax Common.

"They had a very large crowd, but everybody was well behaved," Sgt. Bill Morris, watch commander for Halifax Regional Police, confirmed yesterday.

He said at least one person was "locked up for intoxication," but added "that's a normal Friday (or) Saturday night" in the centre of the city.

Sgt. Morris said Metro Transit "did a great job of clearing the core out once the concert was over."

"It alleviated the problems because the crowd was dispersed so quickly," he said.

METRO HALIFAX

## Workology pg 11



## Next wave of radio

### SunnySide

Follow Metro's SunnySide initiative as we help you find the good news around Halifax and Canada.

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Today  
• Anne Hines on writing, pg 7



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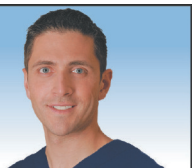
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Interim Progressive Conservative leader Karen Casey announced her caucus appointments Friday. The party's new house leader is Cumberland South MLA Murray Scott, while Yarmouth MLA Richard Hulburt will be the caucus chair. The party's caucus whip will be Argyle MLA Chris d'Entremont. **METRO HALIFAX**

**Tory leader announces caucus appointments**

# Local



## Atheist bus ads to run after court ruling

The controversial atheist bus advertisements have been seemingly given the green light in HRM. The Freethought Association of Canada said they will re-submit the advertisements today to Metro Transit after a decision Friday from the Supreme Court of Canada ruled against Vancouver transit's decision to ban some political ads because they were too controversial. Metro Transit, initially against the ads because they were deemed objectionable, is reportedly now going to allow them because of the court decision. **METRO HALIFAX**

## Jazz festival Dancing queens



Megan Matheson and the El Viento Flamenco dancers perform as the Atlantic Jazz Festival parade winds its way down Spring Garden Road on Saturday afternoon. The festival continues through this Saturday.

# Fans blown away by Macca

More than 50,000 come together for hotly anticipated concert

PHILIP CROUCHER

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**Janet Caldwell calls Paul McCartney her "teenage heartthrob."**

So when the 60-year-old Lower Sackville woman learned the ex-Beatle was coming to town to perform at the Halifax Common, Caldwell did what she's never done before — attend a live music show.

And to say it was everything Caldwell wanted and more would be an understatement. As the 67-year-old McCartney wound down his remarkable show Saturday night after nearly three hours on stage, Caldwell was clearly in seventh heaven.

"He delivered and then some," she said, beaming as McCartney's singing voice rang out in the background during his second of two encores. "Awesome. Just terrific."

Words like "awesome," "terrific" and "unbelievable" were the norm from fans who stood (or sat) at the Common, taking up a space about the length of a football field from the stage where McCartney



More than 50,000 fans watch Sir Paul McCartney perform on the Halifax Common Saturday night.

put on a show that will surely go down as one of the greatest events this city has seen.

"Fabulous ... a dream come true," said Halifax's Jim Appleton, who was one of many who watched the concert from the comfort of his fold-in-the-bag chair. "It was worth every penny."

While the estimated crowd of more than 50,000 fans loved McCartney's music, his regular interaction with them also stood out as a highlight. Many seemed to be taken aback by how much he appeared to enjoy himself on stage. "You're a great crowd here tonight," McCartney said during his perform-

ance. "You're making us feel at home."

The gates didn't open for Saturday's show until 3 p.m., but people lined up starting at mid-morning to get in. After finally gaining access to the concert grounds, fans steamrolled in right up until about 9 p.m., when McCartney and his band took the stage.

## Arrests made after stabbings

KRISTEN LIPSCOMBE

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**CRIME** Police dealt with two stabbings within about 24 hours of each other over the weekend in Halifax.

The first occurred outside of Reflections Cabaret on Sackville Street at about 3:45 a.m. Saturday, while the second stabbing took place on Creighton Street at about 3:40 a.m. yesterday, according to Halifax Regional Police reports.

Police said they arrested a suspect and seized a knife shortly after the first stabbing in downtown Halifax, and by late Saturday afternoon had charged a 25-year-old man with aggravated assault, breach of a court order and several weapons offences.

The 28-year-old victim had apparently hopped into a cab immediately after that stabbing to seek medical treatment, police said,

adding he was treated at the Queen Elizabeth II Health Sciences Centre "for a single stab wound to his back" before being released.

Police said they were called to the second stabbing in north-end Halifax during the early morning hours yesterday. A man ended up in hospital with what police believe are non-life-threatening injuries to his face and arm.

"A male was in the Gottingen Street area," said Sgt. Bill Morris, watch commander for Halifax Regional Police. "There was a disturbance with another male. As a result, the male received several stab wounds."

Yesterday, around noon, police arrested an 18-year-old male near the scene and he will be in court today to face charges of aggravated assault, assault with a weapon and possession of a weapon.

LESLEY PIKE

for Metro Halifax

**MCCARTNEY** Thousands of people took advantage of the sunny weather Saturday, snatching up tickets to the Paul McCartney concert at the Halifax Common at the last minute.

Ticket sales on the day of the big show at all vendor locations were a "respectable portion" of overall ticket sales, Greg Cox, spokesman for Power Promotional Events, said yesterday.

The beautiful day certainly seemed to drive up sales, as a source told Metro Halifax in the late

## Concert 'hugely successful': Promoter

**"A Paul McCartney show, that's a pretty safe investment."**

Greg Cox, Power Promotional Events

afternoon that about 10,000 tickets, which represents approximately 20 per cent of total attendance at the show, were bought on Saturday.

Estimates indicate that there were about 50,000 fans at the show, though Power Promotional Events did not release ticket sales figures yesterday.

However, the company did say it is pleased with the turnout.

"It was a massive and hugely successful event,"

Cox said.

While Power Promotional Events has just started tallying up the totals from Saturday's show, the promoters don't seem to be worried about profits.

"A Paul McCartney show, that's a pretty safe investment," Cox said.

He and his colleagues are also excited about their next major event: The Kiss concert at the Halifax Common this Saturday.

"I think Kiss will be just as successful," Cox said.

## News in brief

**ATTACK** A man underwent surgery for serious injuries sustained from a beating with a bottle early Saturday morning in Dartmouth. Halifax police said they arrested a 17-

year-old boy, two 18-year-old men and one 22-year-old man, who all face charges of aggravated assault and assault with a weapon.

**COLLISION** A male motorcyclist

is dead after crashing into a minivan in downtown Halifax early Friday evening. No one else was hurt, police said. The cause of the crash is still being investigated. **METRO HALIFAX**

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WHAT'S ONLINE TODAY

**Job Search** using Metro's Workopolis search at [metronews.ca/workopolis](http://metronews.ca/workopolis)

**Video** A Canadian general says Afghan insurgents are in "disarray" after arrival of extra U.S. troops, at [metronews.ca/world](http://metronews.ca/world)

**Video** Analysts expect the release of grim economic data to take a toll on stock markets, at [metronews.ca/canada](http://metronews.ca/canada)

**Lotteries**

Friday, July 10

Lotto Super 7: 17, 25, 30, 31, 33, 44, 46 Bonus 47

Saturday, July 11

Lotto 6/49: 9, 11, 18, 23, 29 & 40 Bonus 26

These results are not official.



Follow Metro on Twitter for news updates and more: [@metrohalifax](https://twitter.com/metrohalifax)



## Local man facing several weapons-related charges

A Halifax man faces charges of assault with a weapon, weapon possession and drug possession after a drive-by pepper spraying just after 10 p.m. Police say they arrested him shortly after being called to South Park Street, where a male driver was "called a racial slur" and sprayed in the face by another driver. **METRO HALIFAX**

## Big reward offered in Brooks case

**CRIME** The Justice Department is offering up to \$150,000 for information leading to the arrest and conviction of those responsible for the murder of former Millbrook resident Tanya Jean Brooks.

"We are hoping that by releasing Ms. Brooks' photo and offering a cash reward, it will trigger memories and prompt people to come forward with information

that could help solve this case," Justice Minister Ross Landry said in a news release.



The 36-year-old Mi'kmaq woman, also known as Tanya Lynch, was last seen leaving Halifax Regional Police headquarters May 10 at about 8:20 p.m., according to the release.

The next afternoon at 2 p.m., her body was found in a window well outside of St. Patrick's-Alexandra School in north end Halifax. Police haven't laid any charges yet.

"Investigators believe there are people who know what happened to Tanya Brooks," Halifax Regional police Chief Frank Beazley said in the release. "Ms. Brooks was someone's daughter, mother and sister and we require the public's assistance."

Anyone with information can call 1-888-710-9090. There are now 57 cases that fall under the provincial Rewards for Major Unsolved Crimes Program.

**METRO HALIFAX**

## No clean getaway for shower suspect

**CRIME** A Dartmouth man is expected to appear in court today to answer to charges of being unlawfully in a dwelling and breaching court orders after allegedly entering someone's home and hopping into their shower over the weekend.

Halifax Regional Police said they received a phone call from a shocked Dartmouth woman after she discovered the man soaping up inside her Pine Hill Road home at about 5:30 p.m. Friday.

The intruder tried to make a clean getaway, but was arrested by officers a short distance away, police said. He was held in police custody while waiting for his court appearance.

**METRO HALIFAX**

# Hyde footage 'disturbing': Sister

Inquiry into his death continues today with testimony from police officers

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**The fatal inquiry into Howard Hyde continues today with police officers testifying about the surveillance footage shown late Friday of a topless Hyde struggling with Halifax Regional Police, screaming he is sorry and being repeatedly Tasered.**

Hyde died in custody 30 hours after he was Tasered.

The footage starts with Hyde being brought to the police station after being arrested for assaulting his common-law wife Nov. 21, 2007.

Though Hyde was schizophrenic and off his medication, he seems calm and controlled at first.

"I'm a nice man. I did not assault my wife," he tells police in the video.

"I upset her and that disturbs me I must say."

But Hyde's condition

seems to deteriorate shortly after. Naked but for a pair of shorts, he is placed in a holding cell and paces back and forth for 15 minutes.

He's then taken to a booking area where officers tried to cut the string from his shorts using a device with a serrated blade. Police officers referred to it only as "a tool" but inquiry coun-

cil Dan MacRury referred to it as a knife.



Howard Hyde

Hyde's exact reaction was not caught on tape, but he seemed to react violently. Police video shows him and several officers crashing to the floor near a desk. The officers struggle to hold Hyde Down but he fights his way to his feet.

One officer repeatedly Tasered Hyde who yelps,

and screams "What are you doing?" and repeats "I'm sorry, I'm sorry."

Hyde then leaps over the desk and flees the area. Footage shows police finally taking him down in a hallway. Hyde falls out of sight until paramedics arrive to take him to hospital in a stretcher.

"Audio and visually, it's very disturbing," said Hyde's sister, Joanna Blair, who was sitting in court as the video played.

## Highland Games Screaming success



Matt Doherty, from Antigonish, celebrates after winning the 56 pound weight for height event at the Halifax Highland Games and Scottish Festival on Saturday. Doherty, who is originally from Edmonton, finished third overall behind Greg Hadley and Lyle Barron.

## Pair held in connection to home invasion

**THEFT** A man and a woman are both scheduled to appear in Dartmouth provincial court today to face charges of home invasion, weapon possession, assault with a weapon and uttering threats.

Halifax Regional Police say the charges stem from an incident Saturday night during which the pair allegedly broke into a Brule Street apartment, held a box cutter to a man's throat and stole something. Police watch commander Sgt. Bill Morris said yesterday the confrontation turned into a dispute in the hallway outside the residence. Officers responded to the fight in north end Dartmouth at about 9:10 p.m.

Morris wouldn't say what was snatched from the apartment or what the fight was about, but he did say the people involved all know each other, so it wasn't a random act. The accused man and woman, both from Dartmouth, were being held in custody over the weekend awaiting a court appearance.

## News in brief

**VACCINE** The IWK Health Centre is now home to a brand new, world-class vaccine research facility. The Canadian Centre for Vaccinology is the first of its kind in Canada, a news release from the IWK said. Capital District Health Authority, Dalhousie University and the IWK officially opened the centre Friday. It will be used to develop and evaluate vaccine technology. It will also develop and implement vaccines for infectious diseases like influenza A (H1N1), also known as swine flu. The centre has 10 inpatient isolation rooms that will be used for inpatient research and studies on vaccine challenges. **CAPE BRETON POST**

**METRO HALIFAX**

## Wilcox's weapon used in Megeney death, testifies expert

**COURT** The court martial of a Glace Bay reservist charged with manslaughter in the death of a fellow soldier heard from a forensic and ballistics specialist Friday.

Darryl Barr, a civilian

RCMP forensic firearm and tool mark examiner based at the RCMP's national forensic laboratory in Halifax, was called upon as an expert witness to determine which gun fired the bullet that killed 25-year-

old Cpl. Kevin Megeney of Stellarton at Kandahar Airfield, Afghanistan in March 2007. In his testimony, Barr identified Cpl. Matthew Wilcox's Browning 9-millimetre pistol as the weapon that fired the

shot. He tested the firearm in the lab by shooting 10 rounds from Wilcox's gun — although two of the rounds jammed.

The defence questioned the reliability of the weapon. **CAPE BRETON POST**



# Canada



## Queen to visit in 2010

The Queen and her husband, the Duke of Edinburgh, have accepted an invitation to visit Canada next year, Prime Minister Stephen Harper announced yesterday, CBC News Online reports. The tour will be the Queen's 24th official visit to Canada. She and Prince Philip last visited Canada in 2005. Further details on the dates and locations for the 2010 visit will be provided at a later date, the Prime Minister's Office said in a statement.

**METRO NEWS SERVICES**

## One tough summer

Coalition troops being attacked at record levels

**Coalition troops in Afghanistan are being attacked by roadside bombs at record levels, leaving Canadians soldiers with a legacy of traumatic brain injuries that health experts are grappling to understand.**

And the mental toll of having to patrol bomb-seeded roads is expected to show itself in the years ahead in a spike in the number of soldiers with post-traumatic stress disorder, military officials say. "The view is, clearly, when you're involved with an IED (improvised explosive device), that you may have traumatic brain injuries," said Maj.-Gen. Walter Semianiw, chief of military personnel.

"If you've been exposed to a (traumatic brain in-

### Numbers

- The number of coalition soldiers killed by roadside bombs rose by 21 per cent to 92 — from 76 during the same period last year. The number of wounded was up by 46 per cent — 467 compared to 320.

jury) the prevalence of then having PTSD may be higher. The facts are very clear," he said in an interview.

"The biggest challenge is not here and today. It's in five years and 10 years ... Are they going to get the support they need?" Semianiw said.

As NATO forces launch offensives in southern Afghanistan, insurgents are fighting back with

homemade bombs at levels never before seen in the eight-year-old conflict.

By the end of June, there had been 2,508 "incidents" involving improvised explosive devices this year, a 60 per cent increase over the same period last year, according to statistics from the Pentagon.

July is shaping up to be a record month, with at least 28 coalition troops killed so far by improvised explosives. On Saturday, a roadside bomb killed two U.S. Marines. A day earlier, On Friday, British officials announced that eight of their soldiers were killed in a 24-hour period.

While commanders say the bombs are the weapons of cowards, they have proven effective.

**TORSTAR NEWS SERVICE**

## Calgary Stampede wraps up



Keiran Hughes holds his daughter McKailyn, 4, on his shoulders yesterday to get a better view over the crowd of people on the last day of the Calgary Stampede.

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**Gary Newman** slipped and fell from the deck of his home and was rushed to the QEII with a badly broken neck.

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## Verdict grounds jumpers

**VANCOUVER**  
**2010 Games**

**KRISTEN THOMPSON**  
Metro Canada

**DECISION** A lawyer representing 15 female ski jumpers said he needs time to consider whether to appeal a recent B.C. Supreme Court decision not to order VANOC to let women jump in the 2010 Games.

"We're disappointed ...

but respect the judge's ruling," Ross Clark said.

On Friday, Justice Lauri Ann Fenlon ruled VANOC isn't violating Canada's Charter of Rights by not staging women's ski jumping.

Fifteen women had gone to court seeking to take part in the Olympics or cancel men's ski jumping as well.

While Fenlon agreed that excluding women is discriminatory, she said it's the IOC's decision — not VANOC's.

### News in brief

**CHARGED** The Brazilian wife of former Canadian world boxing champion Arturo Gatti has been charged with his murder, police said yesterday. Italian-born Gatti, who was 37, was found dead on Saturday in the holiday flat the couple had rented in the northern Brazilian seaside resort of Porto de Galinhas. Amada Rodrigues, 23, was being held in custody in Recife, police said.

**REUTERS**

**CRTC** Opposition critics are demanding a federal regulator identify telemarketers thumbing their noses at do-not-call list rules instead of protecting them from public scorn. The Canadian Radio-television and Telecommunications Commission, an arm's length agency, refuses to name two telemarketers recently issued violation notices or even make public the amount of fines they face.

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	Guatemala....	10.9 ¢
	Guyana.....	27.9 ¢
	Honduras.....	15.9 ¢
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### South Asia

	Afghanistan..	24.9 ¢
	Bangladesh..	3.9 ¢
	Bhutan.....	15.9 ¢
	Nepal.....	7.9 ¢
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# Afghan escalation

**A roadside bomb killed two U.S. Marines in southern Afghanistan, the U.S. military said yesterday, the latest deaths in an escalation of violence that has put pressure on coalition leaders over their war strategy.**

Thousands of U.S. Marines and hundreds of British soldiers have been fighting major new offensives in the past 10 days in Helmand province, a Taliban stronghold and Afghanistan's biggest producer of the opium that funds the insurgency.

The assault by U.S. Marines, Operation Strike of the Sword, is the first major operation under U.S. President Barack Obama's

new regional strategy to defeat the Taliban and stabilize Afghanistan, which holds a presidential election on Aug. 20.

Violence has flared again throughout Afghanistan since the operation began on July 2, with attacks in traditional Taliban strongholds in the south and east as well as in relatively more peaceful areas in the north and west.

The Taliban backlash has put pressure on leaders in Washington and London, who say U.S. and other NATO-led troops have pushed back Taliban insurgents but that a lot of tough fighting remains to be done during the summer.

A third soldier serving

with NATO-led forces in the south died on Friday from wounds received in June, the alliance said in a statement issued yesterday. No other details were available.

Washington is pouring in extra troops under Obama's new strategy, with numbers set to more than double to 68,000 by the end of the year.

British troops mounting their biggest operation of the campaign in Afghanistan have also suffered under the Taliban backlash, with 15 confirmed killed in a 10-day period, including five in two roadside bomb blasts on Friday. Taliban casualty figures were not immediately available.

**REUTERS**

**U.S.** Sonia Sotomayor looks almost certain to emerge from Senate hearings this week poised to become the first Hispanic member of the U.S. Supreme Court.

But political debate over President Barack Obama's plans for the top U.S. court has only begun. Republicans are ready to resist what

they fear could be a sharp leftward turn for the court under Obama's Democratic administration, reversing a steady tack to the right under former Republi-



Sotomayor

can president George W. Bush. Obama, a former constitutional law professor, chose the 55-year-old Sotomayor to replace the now-retired Justice David Souter, who had been one of four liberals on the deeply divided nine-member court. Members are appointed for life.

**REUTERS**

REUTERS

**COUP** Honduran interim leader Roberto Micheletti said yesterday ousted president Manuel Zelaya would not be allowed to return to power under any conditions but could be granted an amnesty if he comes home quietly to face justice. "If he comes peacefully first to appear before the authorities ... I don't have any problem (with amnesty)," Micheletti told Reuters.

**CHENEY** The CIA withheld information from U.S. Congress about a secret counter-terrorism program on orders from former vice-president Dick Cheney, a U.S. senator said yesterday amid calls for an investigation. Democratic Senator Dianne Feinstein told Fox News yesterday that CIA Director Leon Panetta disclosed Cheney's involvement two weeks ago. **REUTERS**

REUTERS

**IRAQ** Bombs exploded outside five Christian churches in Baghdad yesterday, in apparently co-ordinated attacks that killed four people and wounded more than 30, Iraqi police said. In the most serious attack, a car bomb exploded near a church in eastern Baghdad, killing four people and wounding 21. **REUTERS**

REUTERS

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# Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

## Comment

## Are you a wordsmith?

### HineSight

Anne Hines

metronews.ca/hinesight

With many people re-thinking their employment options, it's possible some might be considering whether taking up writing may be the way to go.

Working as a freelance writer has many benefits. You always get what you want in the Secret Santa draw and you'll never be troubled by pesky issues such as how to invest your retirement income.

For those wondering if being a writer is right for you, I offer: Are You A Writer?

1. You've just submitted your completed manuscript. Your publisher calls.

Publisher: We love it, it's fabulous, it'll sell millions. (Truthfully, I have never heard a publisher say that, but I dare to dream. What they really say is ... It seems OK. You just need to make it longer.)

You: Longer?

P: Much longer.

You: Would you like me to get taller as well?

P: Can you do that?

You: It's a book. You

write until the story is

finished and then ...

it's finished.

P: I'm a publisher.

I know that. We just

need you to finish

about 6,000

words later.

Do you:

a) Throw

a hissy fit,

complain

the world

does not ap-

preciate

your artistic

vision and

you bet no

one treats

John Grisham

### SunnySide

like this.

b) Report your publisher to the human rights commission, which will use it as the "Entertaining Call of the Week" in its newsletter.

c) Sit down, write 6,000 more words and feel lucky.

2. You're invited to read at an event alongside a famous, bestselling author. At the book-

signing tables, her

lineup snakes out the

auditorium, through

the parking lot, into a

neighbouring

township.

You, on the

other hand,

have time

to learn a

foreign lan-

guage.

Do you:

a) Sit

and con-

templeate

with delight

the success

of your fellow author.

b) Tell your mother she'd better get over to your table right now or you're sending her your therapy bills.

c) Join the crowd and hock the signed copy on eBay.

3. You've written a book that will save humankind. Publishers keep turning it down on the basis of it being 2,356 pages long and almost entirely incomprehensible.

Would you:

a) Self publish. The world needs to know.

b) Call the human rights commission and make its newsletter again.

c) Trim it to 360 words, add a religious scandal and a sex scene and prepare to field publishing offers.

If you answered mostly c's, you'll make millions. Mostly a's and b's, congratulations, you're a writer.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

## UNBELIEVABLE HEADLINES



## Worth mentioning

## A few blue words can make you feel better

Holy #@\$&!!

Gee, I feel better already. And that's just what British scientists expect, saying they've learned cussing may be good for you.

Their study, Swearing as a Response to Pain, is published in August's NeuroReport, a journal "for rapid communication of neuroscience research." The findings by researchers at England's Keele University found volunteers withstood pain longer when they swore than when they used more dainty phrases.

So, just let loose when the pain comes.

It's something English chef Gordon Ramsay has put to use with wild abandon on his TV shows, but his pain is more often of the temporal kind, when kitchen wannabes burn the brûlée or char the Arctic char.

Real pain calls for tougher talk.

Dr. Richard Stephens, who led the research, said he got the idea for the study after watching his wife give birth to their daughter, spilling a slew of invectives as she pushed and pushed and pushed.

While stubbing your toe can invoke an unfettered stream of profane platitudes, it may also be an inherited guttural response from our hairy-backed ancestors when faced with fearsome predators.

Researchers tested how 64 students tolerated pain by having them plunge a hand into ice water while repeating swear words. They were then asked to do it again while saying non-offensive words to describe a table. They found dirty-mouthed volunteers could keep their hands submerged for about 40 seconds longer and felt the pain less.

TORSTAR NEWS SERVICE

## Views

## You have the power to change the world

### UrbanScrawl

Christina Biluk

metronews.ca/urbanscrawl

As Haligonian Dave Carroll was interviewed on Canada AM last week, a smile stretched across my face. Just in case you haven't heard, Dave and his band, Sons of Maxwell, were travelling on United Airlines last year, when from the cramped aisle on the airplane they watched their luggage (which consisted of expensive guitars) being tossed around below.

After being stuck in the customer service hamster wheel with no resolution in sight, Carroll wrote

three songs about his experience, recorded them, and released the first on YouTube. In less than a week, the video has had more than two million views. Since then, Carroll has been interviewed by TV stations and newspapers across North America.

What Carroll has done (aside from show us how poor his customer experience was) is remind us that we don't need to be a large activist group to get attention, to make a difference.

We also don't need to be a specific age or live in a major urban centre. David Shepherd and Travis Price, two local Cambridge students, got their classmates to wear pink shirts to school after they witnessed a bully picking on a student wearing a pink shirt. The campaign spread like

wildfire after a Facebook post engaged students across the country and even garnered comments from Ellen Degeneres on her talk show.

Every person has the power to do something to change the world and a great place to start is with something that makes you angry.

That's what started Dallas Jessup (an Oregon student) to create Just Yell Fire. This freely distributed film was designed to teach young girls to defend themselves against attacks. Jessup wanted to make the video after she witnessed a brutal attack where a young girl who yelled "help," "rape" was just ignored.

She wanted to show girls some basic techniques to protect themselves and en-

courage them to yell "fire" to draw attention. The video currently has more than five million views, and has initiated self-defense and awareness programs in schools across North America.

These inspirational individuals thought the status quo wasn't enough. They knew they wanted to make a difference and set forth to do something about it. None of them went out pursuing national (and international) attention. It just happened because they were doing something they believed in and pursued their passion.

So now it's your turn — what will you do?

Christina Biluk is Director of Engagement for FUSION Halifax. Visit FUSIONHalifax.ca to find out how to get involved in shaping our city; theurbanscrawl@gmail.com.

Tell us your views by email to [halifaxletters@metronews.ca](mailto:halifaxletters@metronews.ca) or comment on [metronews.ca](http://metronews.ca) or on Twitter @metrohalifax

Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.



If you are a parent of a young child, chuck your baby wipes. They've been bleached in chlorine — a real no-no, since chlorine produces very toxic dioxins, according to Gillian Deacon's Green For Life. **TORSTAR NEWS SERVICE**

# Going Green

## Sprucing up your house?



Look for paints and floor finishes that are low in volatile organic compounds. They work just about as well as the more toxic varieties, according to Green Remodeling. Water-based polyurethane for floors isn't as tough as the oil-based version. But, on the other hand, it won't yellow over time. **TORSTAR NEWS SERVICE**

EDITOR: FERMIN DESOUSA, FERMIN.DESOUSA@METRONEWS.CA

# The non-stick cookware debate

## EarthTones

Sophia Dore & Andrew Laursen



metronews.ca/earthtones

This week we shift gears and go from considering the large global environment in which we live to the small local environment in which we also live. This small environment can be as small as your own kitchen. Just as we need to worry about what heavy industry is putting into the air we breathe, so too do we need to worry about what we ourselves are putting into

our air and our bodies.

Recently there has been much debate about the safety of using "non-stick" cookware. Now I have to admit, I love my non-stick pots. Whenever I try to cook in anything else I end up having to chip the food off the bottom of the pan with a chisel. This is less than appetizing. However am I trading safety for unperturbed food?

Non-stick coating is made from fluoropolymers. These compounds can break down into perfluorooctanoic acid (PFOA), a suspected human carcinogen. PFOA is found at low levels in the blood of most North Americans. Are we getting it from our cookware though? As I check this out on the web some sites tell me that my pots are definitely toxic. Then I

notice that many of them want to sell me new pots. Other sites tell me that my non-stick pots are perfectly safe. Then I notice that some of them make the non-stick pots or the coating. Who to believe?

Most of the impartial information I find, including the U.S. Food and Drug Administration and a leading scientific journal indicate

that very little if any PFOA in our blood comes from non-stick cookware. The coating decomposes into PFOA

at temperatures about 350°C (660°F). Temperatures for normal usage — frying meat 240°C (470°F), baking 230°C (450°F) — are well below these levels. In fact anything you have in the pot — butter, oil etc will start to smoke at 204°C (400°F) and in my experience this will set off your smoke detector. Any coating that flakes off your pan and gets eaten will pass right

through you and will not harm you at all.

If you do heat a non stick pot above 350°C (660°F) and you breathe in the fumes you can get what is called polymer fume fever which gives you flu-like symptoms. It is reversed on breathing fresh air in humans but can be fatal to birds. So don't keep your canary in the kitchen if you are prone to burning pots. The bottom line with pots is to weigh the health concerns about non-stick coatings against the health concerns of putting more fat in the pan so your food doesn't stick to a regular pan. I think for most people the fat is a greater health risk.

OK so that's where PFOA isn't. Here's where it is. Microwave popcorn bags.

Most of these bags have non-stick coatings and when you heat your popcorn they decompose, leach into the oil and stick to your popcorn. If you eat just 10 bags of microwave popcorn a year, 20 per cent of the PFOA in your blood could be from popcorn.

Finally we need to take things back to the larger environment and consider where the non-popcorn PFOA in our blood comes from. A possible source is pollution from the industries that put the coating on the pan and in the popcorn bags. So use your non-stick pots but don't buy more than you need because the more we consume the more they create.

Sophia Dore is an environmental scientist with Conestoga-Rovers & Associates. Andrew Laursen is an assistant professor at Ryerson University. earthtones.metro@gmail.com.



## Growing new local trend: Recycling for a good cause

**TREASURES** We all know recycling is good for the environment, but have you ever thought about how recycling could help those who are less fortunate? With tougher economic times and job losses, a growing trend this year is finding a way to turn your trash into someone else's treasure.

**Old electronics:** That dated computer or cellphone might be old to you, but chances are it would be new to someone else. Most electronics we toss away still work, but are thrown away in favour of newer models. Consider donating them to organizations that help provide job training for the unemployed.

### Not just your old clothes:

Most of us have donated some old clothes to a local charity at some point but why stop there? Kitchen items that aren't being used can find a new home at the local soup kitchen; unused toiletries would be appreciated at a women's shelter; and gently used children's toys are a welcome addition to any

church.

**Don't put nickels in the blue bin:** You wouldn't put a bin full of coins out for the garbage truck so why give away those cans? Aluminum cans can be traded in for money that you can use to support the charity of your choice. Kids love collecting cans around the neighbourhood and at school if it is for a cause they can get excited about.

Christian Children's Fund of Canada's, an international children's organization, website (ccfcanada.ca) offers a host of donation choices that kids here can send to poor children overseas — from a soccer ball to school supplies. **NEWS CANADA**



## 4 tips to paint your community green

**1** Make your gardens wildlife friendly. Grow climbing plants like morning glory, trumpet honeysuckle, purple clematis or Virginia creeper to attract butterflies and birds, or shrubs such as juniper, cedar, or northern bayberry to attract birds.

**2** Improve the habitat of endangered or threatened species in your area. Find out which animals are at risk. Once you know, apply to the Canon Canada Nurture Nature Awards at canon.ca/donations\_sponsorships for the opportunity to win \$20,000 to fund your initiative. Submissions will be accepted until Sept. 1.

**3** Buy locally. Not only does it reduce food kilometres, but it supports enterprising community members. Leave the car at home — take transit, hop on a bike or walk.

**4** Reduce, reuse and recycle all at once by hosting a community yard sale. Purge your home of things you no longer need — which might be treasures for some bargain hunters — and take any leftovers to Goodwill. **NEWS CANADA**

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**Union workers in Ontario nickel mine set to strike**

Union workers at Vale Inco's Sudbury, Ont., nickel mine rejected the company's final contract offer and were set to strike at midnight this morning, the United Steelworkers union said Saturday. Negotiations between Vale Inco — the nickel mining and processing division of Brazil's Companhia Vale do Rio Doce — and its union broke down last week. **REUTERS**

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# Business



## GM, eBay eyeing program

General Motors and its dealers are aiming for a test program with eBay Inc. in California that would allow customers to bid on new vehicles or buy them at a predetermined price online, the automaker said on Friday. eBay said it has been in discussions with GM to identify ways to help dealers market vehicles but no plans had been finalized at this time. **REUTERS**

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

## China pursues resource buys

**China's purchase of a \$1.74-billion stake in Teck Resources may be just the opening move from the world's top resource consumer to use its unique wealth to become a key source of mining capital for Canadian firms.**

Teck said last week it sold a 17.2 per cent equity stake to state-owned China Investment Corp. in a deal that lets the Canadian miner pay down its debt while expanding China's portfolio of commodity investments.

The deal underscores how deep China's pockets are at a time when many sources of credit and financing have dried up in the global recession, even

### Commodities

• Teck is a major producer of copper, metallurgical coal, zinc and gold, all commodities sought by China.

for the biggest miners.

"Most people thought China would take advantage of this dip in commodity prices and, because they're the only ones with money, take advantage of this financial situation we are in. They have come through big time, be it oil and gas, or any commodity you can think of," said David Davidson, an analyst with Paradigm Capital in Toronto. **REUTERS**

## Jobless rate hits 11-year high in June: StatsCan

**STUDY** Hiring across many sectors such as financial services, insurance, real estate, information, culture and recreation in June helped offset job losses in manufacturing, the most recent jobs report from Statistics Canada shows.

As a result, Canada's unemployment rate edged up 0.2 per cent to 8.6 per cent last month, to its highest level in 11 years.

Economists had been bracing for much worse. A

surprisingly low 7,400 jobs were lost in June, compared with 42,000 in May. In total, 454,000 jobs have been lost since October.

It may also be a sign that the worst of the recession has passed, economists say. But the good news ends there: A loss of full-time jobs coupled with a rise in part-time jobs and self-employment is igniting concerns that people are being forced to strike out on their own. **TORSTAR NEWS SERVICE**

## Digital generation not lazy, just different, author argues

### Grown Up Digital

**Author:** Don Tapscott  
**Publisher:** McGraw-Hill  
**Price:** \$30.95 (Hardcover)



**REVIEW** The modern institutions of days gone by are fast becoming lacklustre, archaic systems of bureaucracy that are ultimately failing the largest generation, the Net generation.

Prolific author Don Tapscott's newest book,

Grown Up Digital, a follow-up to his first book on the topic, Growing Up Digital, sizes up the first generation to grow up completely in the digital age. They grab new gadgets and immediately begin using it, whereas their parents will spend hours combing a manual and still be baffled.

To cynics, this generation appears unfocused, antisocial, and A.D.D. Tapscott wholly disagrees — a very refreshing perspective that now gives me a bit more peace of mind, knowing how much time I already spend Facebooking and Twittering.

**CRAIG LUND/  
FOR METRO CANADA**

### Business In brief

**L'AQUILA** World leaders signalled the demise of the Group of Eight on Friday, saying only a forum that included the major developing economies could decide on global issues. Problems such as climate change and the economic crisis have revealed the limits of the G8, comprising the United States, Japan, Germany, Italy, France, Britain, Russia and Canada. During its annual summit in Italy this week it met the leaders of China, India, Brazil, Mexico, South Africa and Egypt, spontaneously forming the so-called G14. **ENERGY** The growth of an often overlooked line item on

the balance sheet of U.S. weekly oil inventories indicates that the market is fundamentally out of balance. The rise of the amount of "unfinished oils" in the U.S. Energy Information Administration's snapshot of oil supply and demand means refiners are stockpiling the semi-finished oils in an effort to

keep profit margins aloft. **AUTO** Toyota Motor Corp. said Friday it would consider liquidating its stake in a jointly owned California auto plant with GM after the U.S. automaker pulled out of the venture in June. The auto firms had been 50-50 partners in the plant since 1984. **REUTERS**



## THE SUMMER CLEAROUT IS BACK



2009 ASTRA® 3-Door XR model shown

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\*MSRP's for 2009 Saturn Astra XE 5-door manual (no air), 2009 Saturn VUE XE 4-cyl, 2009 Saturn Aura XE 4-cyl and 2009 Saturn Outlook XE front-wheel drive plus freight, tax and fees respectively. Prices are shown with the loyalty bonus already deducted for eligible GM (except Pontiac) and Saturn owners. See Retailer for further conditions and details.



# Sports

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

## Simon Fraser first Canadian school to gain NCAA status

In a historic first, Simon Fraser University has been given membership into the National Collegiate Athletic Association's Division II.

The British Columbia university on Friday became the first non-American post-secondary institution to gain such acceptance.

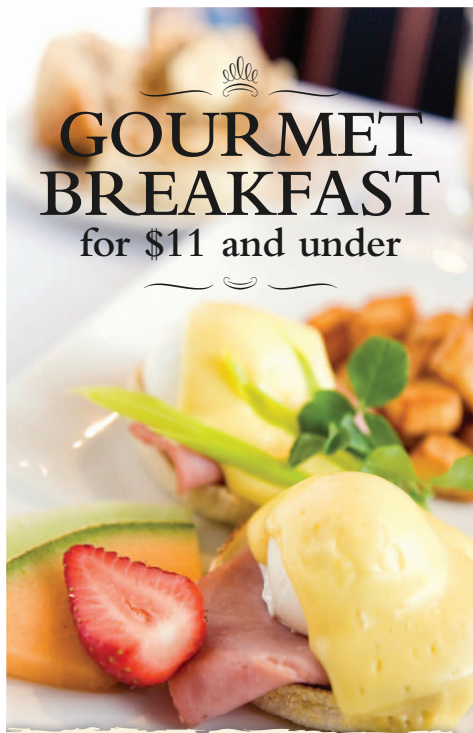
American competition is nothing new for SFU — its teams not only compete in Canadian Interuniversity Sport but also the National Association of Intercolle-

giate Athletics, which is comprised of U.S. schools. SFU will go through a two-year transition, where all of its teams will maintain their present course in the NAIA and CIS.

The teams could then begin play in the Great Northwest Athletic Conference in 2011-12, where it would face schools such as Central Washington University and Seattle Pacific University.

KARL YU

/FOR METRO CANADA



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# RYAN DUFFY'S



## Webber wins first GP

Red Bull's Mark Webber, left, won his first Formula One race after overcoming a penalty to take the German Grand Prix yesterday. The Australian beat teammate Sebastian Vettel despite a drive-through penalty for bumping Brawn GP's Rubens Barrichello at the start. Felipe Massa gave Ferrari its first podium finish of the season by finishing third ahead of Nico Rosberg of Williams. METRO NEWS SERVICES



Cole Harbour's T.J. Grant is pinned to his back against Dong Hyun Kim of South Korea in a preliminary bout at UFC 100 Saturday night in Las Vegas. Grant dropped a unanimous decision and is now 14-3 overall.

## Grant suffers defeat

Coal Harbour fighter drops unanimous decision in Vegas

**T.J. Grant didn't have an answer for South Korea's Dong Hyun Kim at historic UFC 100 Saturday night at Mandalay Bay Events Centre in Las Vegas.**

The 25-year-old from Cole Harbour, who recently got his Brazilian jiu jitsu brown belt,

dropped a unanimous decision to favoured Kim, who sports a fourth degree judo black belt.

Reports indicate Kim controlled the welterweight match, taking Grant to the ground several times. He also cut Grant near each of his eyes.

Grant (14-3) has now competed in the second bout of a four-fight UFC contract signed earlier this year. His debut came at UFC 97 in Montreal when he defeated Japan's Ryo Chonan.

In one of the show's three main events, Montreal's George St. Pierre

regained his UFC welterweight title with a unanimous decision against Thiago Alves.

Also, former WWE wrestler Brock Lesner won a rematch against heavyweight Frank Mir in a match that was stopped in the second round.

METRO HALIFAX

## Golfers from Ken-Wo capture championships

**AMATEUR CHAMPIONSHIPS** It was a very good weekend for Ken-Wo golfers.

Sam Holland and Laura Harris — both from the New Minas-based course — captured their respective Nova Scotia Golf Association amateur championships Saturday afternoon.

Holland, 18, fired a final round two-under 70 then birdied the first play-off hole to beat fellow Ken-Wo member Ally Tidcombe and claim his first men's amateur title at the Osprey Ridge Golf Club in Bridgewater.

Third spot went to Aaron Nickerson of River Hills, who finished the 72-hole tournament at plus-two, leaving him one

stroke back of Holland and Tidcombe.

Oakfield's Geoff Campbell was fourth at plus-eight, followed by Jody Swim of River Hills at plus-nine.

Harris' win was much easier than Holland's.

The 20-year-old won her second ladies amateur title in three years with a wire-to-wire victory that saw her finish 12 strokes ahead of Clare's Mireille LeBlanc.

Harris finished the 72-hole event at Grandview at plus-25.

At the senior women's championship, also at Grandview, Kathy Powers of Bluenose won easily by 21 strokes.

METRO HALIFAX

## Indy Toronto Franchitti wins



Scotland's Dario Franchitti, centre, celebrates after winning the Honda Indy Toronto yesterday. The win moved Franchitti past Scott Dixon for first place in the overall season standings.

### Sports in brief

**BASEBALL** Left-handed pitcher Barrett Bellefontaine of the Halifax Pelham Molson Canadians is heading to Prince George to join teammate Brandon Hunter and Dartmouth

Moosehead Dry stars Jason Bailey and Darren Doucette on the Prince George Axemen squad that is getting ready for the World Baseball Challenge.

METRO HALIFAX



**Metro Workology exclusive: Backstage Pass**

In the coming weeks Metro's Workology section will be focusing on the part of the entertainment industry that you DON'T see. Backstage Pass will focus on the careers behind the camera and the curtain. So be sure to read Workology and Metronews.ca/work every day.

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# Workology

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

## Measuring creativity

A new admissions index introduced recently by the U.S.-based Educational Testing Service is slated to assist graduate schools in determining whether an applicant possesses personal attributes such as creativity and resilience. The Personal Potential Index is an online-based system that allows applicants to identify supervisors or professors, who are then invited to evaluate students on six personality dimensions, including communication skills, teamwork, planning, and ethics. METRO NEWS SERVICES

### Workology in brief

**CANADIAN FORCES** A new program has been launched that will provide children of Canadian Forces personnel killed while serving in active duty with four-year university scholarships. Called Project Hero, the program, which was launched by former Chief of Defence Staff General Rick Hillier, will begin on Sept. 1, 2009 and cover the cost of undergraduate tuition for four academic years, as well as the cost of on-campus residence fees for the first academic year for students who have lost a parent in a military mission. Currently, Memorial University, The Universities of Calgary, Ottawa and Windsor and the University of Ottawa are participating in the program.

**YOUTH JOURNEY** A long-term study between 2000 and 2008 of 22,000 Canadian youth aged 18 to 20 shows the most common sequence of events to adulthood for both men and women was to leave school, find a full-time job, leave the parental home, form a relationship and have children. However, the eight-year-long study found that more men left school and began working full-time earlier than women. The study also found that 43 per cent of the participants attended college, one per cent more than those who attended university. Interestingly, participation in all types of postsecondary education was higher for women than men.

**SELF-EMPLOYMENT** With unemployment rates swelling, many Canadians are creating their own work, with self-employment growing by 1.5 per cent from May to June. The jobless rate in Canada is now at its highest level since February 1998. But some leading Canadian economists are looking at the positive aspects of forced self-employment: Initiating successful new companies once the economy recovers and sparking more innovation.

HEATHER BUCHAN/  
FOR METRO CANADA

### Clarification

Last week an article headlined "One company's huge impact" incorrectly stated that Deloitte would be giving their entire staff a day off to volunteer for their so-called Impact Day as they had in years prior. Deloitte will not be giving a day off and instead will be encouraging employees to volunteer their own time, while off work on Sept. 26, to volunteer. Metro regrets the error.

# Next radio generation

## Backstage Pass

BRIAN COULTON  
for Metro Canada

**It prides itself on "breaking new sound", it's Canada's only station dedicated to independent Canadian music and it can be heard on two different formats — online and satellite. But Steve Pratt says CBC Radio 3 isn't really a radio station at all.**

"I know that sounds odd," says Pratt, the station's Vancouver-based director and director of digital programming for all of CBC Radio. "It's more like we try to be experts and help people discover new Canadian music. It doesn't really matter whether it's radio, video, blogging or social networking."

Instead, Pratt calls Radio 3 an "ecosystem" because its makeup is like a living, breathing, user-generated community — considering its huge user-generated content.

"A lot of the tools on the website are designed to help people discover and get to know artists and then be able to share stuff they like with their own social networks," says Pratt. That's reflected in the station's frequent use of blogs (each show features a unique blog-a-day by its host, inviting listeners to join the conversation), Twitter and personalized artist pages, which enable audiences to participate with, rather than simply consume, the station's outputs.

And if Radio 3 is an ecosystem, Pratt is its overseeing organism. He's

responsible for strategizing how best to synergize the station's distribution platforms, determining where to publish content (and what content should be published) and figuring out how Radio 3 can best raise awareness of new Canadian music.

While Pratt says he's not a poster child for a long radio career leading up to a certain point, he thinks the variety of genres and mediums he's bounced around between — including stints in entertainment journalism, local news, children's and comedy programming and at MuchMusic — has been more valuable than a lengthy radio tenure.

"The important thing is understanding how to reach audiences and tell stories that are specific to the medium that you're using."

But as mediums are changing so significantly in this digital age, what's most important to Pratt is also what he finds most challenging.

"No one has figured out what the future is going to be when a large chunk of that audience migrates away from AM/FM or conventional television, or how many of them are going to migrate over, or how they're going to make money or survive in a digital universe," he says.

"We feel like we're up to our elbows in helping to figure out what the media experience is going to be for the next generation, which is cool."



**"We feel like we're up to our elbows in helping to figure out what the media experience is going to be for the next generation, which is cool."**

Steve Pratt



Steve Pratt is the director of digital programming for all of CBC Radio.

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Cape Breton University has decided that it will not sell a Pablo Picasso sketchbook that is part of its permanent collection. A CBU official says the vision for the galleries includes the yellowed sketchbook, which contains drawings Picasso made during his teens. **METRO NEWS SERVICES**

# Step by step tips for your job hunt

BRIAN COULTON  
for Metro Canada



**When Canada reported its highest unemployment rate in 11 years in May, sights were quickly set on job loss.**

But with more and more Canadians out of work and seeking, where does that leave the prospects for job gain? "Somewhere between tough and brutal," says Barbara Moses, president of BBM Human Resource Consultants and author of the recently updated guide

What Next? Find the Work that's Right for You.

To match a fickle market, Moses says employers are demanding more than just a passable prospective hire, changing how job hunters must approach their prey.

"You have to be much more savvy and focused in how you look for work," she says. "(Employers) don't want someone who looks, for example, like they could transfer skills because they've done similar work in similar environments. They want someone who's done the exact same

thing."

To convince a company you're the exact fit for the job, Moses recommends three steps, starting with employer empathy.

"Put on the headset of a recruiter," she says. "Write down, specifically, skills, experiences and abilities that you would be looking for if you were hiring for that job." By visualizing the ideal candidate, Moses says you can begin understanding how your qualification compares, leading to step two — mine your own experience.

"Dig down and reframe

everything you've done in the light of what that employer would be looking for," she says. That means scrapping stock resumés for customized ones and even tailoring your response to a request like "Tell me about yourself" for different job interviews.

During the interview is where step three comes into play — form a human connection. "You don't want to sound like a robot," says Moses. "Human connection can be expressed in any number of ways — a smile, or it could be that

you're anxious." And nerves are OK by Moses. "It shows that you're human," she says. "You don't have to be slick."

While the recommendations apply to all, the experience and ability of different age groups can change their application approach.

For older workers laid off later in life, Moses suggests capitalizing on the prevalent cancellation of training programs by using years of experience to offer mentorship. "Make yourself available and tell employers, 'I really enjoy mentoring

younger workers and helping them develop.' That will be a big plus."

And while twentysomethings plagued by 'last hired, first fired' syndrome don't have years in the workforce at their disposal, Moses says they've got more experience than they think, including casual jobs and volunteer work. "What (employers) are buying are competencies and accomplishments which speak to the fact that you possess those interpersonal skills, the initiative, the writing skills — whatever."



Cleaning up crime scenes can be a messy business, but Brian Woronuk is happy to do it.

## A different reaction to blood and body parts

### OddJobs

**Diane Peters**

Metronews.ca/oddjobs



was for an older man who'd been found dead in his home after more than a week. A funeral home had taken the body away, but the signs and smells of decomposition needed serious clean up.

The man's family stood aside while Woronuk and his crew did their thing. "They were so thankful of our services, we knew we were onto something."

For a typical call, the company tries to respond within a few hours. Depending on the scene, two technicians or more will show up and at least one will gear up in a disposable protective suit and put on gloves and a respirator.

Anything with blood on it gets placed in a biohazard tub — they're brought back to the office and disposed of safely later. Then the crew pulls out hospital grade cleaners and sets to disinfecting the site. "We make it as close to pre incident as possible," says Woronuk.

It's exhausting work, and the suits can get pretty hot.

Calls can take a few

### The Lowdown

**Job title:** Crime and trauma scene cleaner;  
**Salary:** Charges \$250 an hour and up;

**Education/training:** At least a class in blood-borne pathogens, but preferably certification from the American Bio-Recovery Association  
**Best Part of the Job:** "At the end, knowing you've helped somebody out and prevented them from being retraumatized by having to do it themselves."

**Worst Part of the Job:** "The physical aspect of the clean up. And, if you know a bit of the situation, the grief that you feel for the family."

hours, or a few days. A murder or suicide can cause blood and bones to be thrown some distance, so technicians have to move furniture. If a body sits for a long time, blood can pool and drip through walls and floors, and things may even have to be torn up.

Since Woronuk is almost always on call — between the business and his firefighting shifts — he's having trouble finishing building a fence on his property. And he's missed two weddings. Luckily, his common-law partner is a police officer and she works crazy hours too.

Most of Woronuk's six employees balance clean up work with firefighting too. They're all used to seeing blood and body parts.

"We're very professional about it. Everyone has figured out how to cope years ago."

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

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## Burn the uniforms: Potter stars

Harry Potter stars Daniel Radcliffe and Emma Watson have urged the film franchise's bosses to burn their Hogwarts school uniforms when the series wraps — because they hated the outfits. [FEMALEFIRST.CO.UK](http://FEMALEFIRST.CO.UK)

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# Entertainment

EDITOR: DEAN.LISK@METRONWS.CA

## Romantic spell

Plenty of heartache in new Potter film

HEIDI PATALANO  
Metro World News

### Watch out Edward Cullen, Harry Potter is growing up.

While doing press for the release of Harry Potter and the Half-Blood Prince, Daniel Radcliffe and teen co-stars Rupert Grint and Emma Watson don't bother to dodge the myriad of questions lobbed at them about their dating lives — even the ones about magic spells and love potions.

Watson says Radcliffe doesn't need them to snag a lady, just in case you were wondering.

Given that this sixth instalment of the Potter series spends a considerable

amount of time on the burgeoning romantic relationships between the lead characters, the young actors, now all around 19 years old, found the romantic-comedy moments refreshing.

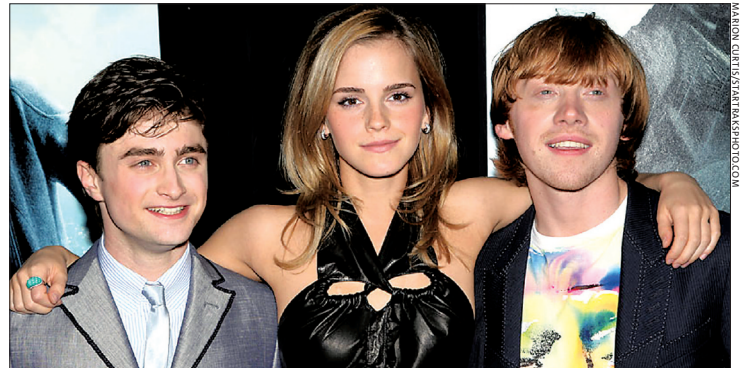
"If Hermione kept going in terms of the amount of worrying she was doing, she might've developed a hemorrhage, so it's nice that there's a bit of light relief for all of us," says Watson of her own character, who finds herself for the first time in the series, at the mercy of her

own hormones.

"This is Rupert's finest hour. He reveals himself to be a fantastic practitioner of comedy," adds Radcliffe about Grint, who in the film as Ron Weasley finds himself in his first relationship and trying out for the Quidnitch team, with mixed results in both departments.

It becomes obvious throughout the interview that Radcliffe himself has a gift for inciting laughter — especially with his candid explanation of his own on-screen kiss.

**Harry Potter and the Half-Blood Prince opens in theatres Wednesday**



From left, Daniel Radcliffe, Emma Watson and Rupert Grint do a lot of growing up as Harry Potter, Hermione Granger and Ron Weasley in Harry Potter and the Half-Blood Prince.

"My God, my lips are like the lips of a horse," he says emphatically. "They were kind of distending away independently from the rest of my face and trying to encompass the lower half of hers, so I apologize."

If Half-Blood Prince shows the young actors to be growing up, it only seems appropriate that

David Yates, who picked up the role of director with the fifth instalment Harry Potter and the Order of the Phoenix, would continue with the series until its resolution with Deathly Hallows — set to be released in two parts in 2010 and 2011 respectively.

"I'm trying to grow the films up and try to make

them feel a little more mature, a little bit more complex — and guiding these young actors to a mature phase of the films," says Yates.

"Outside of the film set, these actors are getting insights and bruises. It's encouraging them to bring more of that to what they do on the screen."

HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
7/13/09	31	31	31	ABC	News (N)	ABC Wild News	Inside Edition	Chronicle	The Bachelorette (N)			Newlyweds
	7	7	7	ASN	The Road to Avonlea		Instant Star	TMZ (N)	Gossip Girl (HDTV)			Atlantis
	11	11	11	CBC	Coronation St.	Jeopardy! (N)	Triple Sensation	(DVS)	Just for Laughs	CBC News: The National		The Hour
	2	2	2	CBC-F	Urgences "Sur la plage" (SC)		Des saquelettes	La Petite vie	Chère Betty (HDTV) (SC)	Bons baisers de France (SC)		Le Téléjournal
	32	32	32	CBS	News (N)	Evening News	The Insider (N)	Entertainment	How I Met	Engagement	Two/Half Men	Big Bang Th
	69	69	69	CFTM	TVA 18 heures	Sûreté-salé	Les Gags	Sketch Show	Le Petit Monde	Kmh (SC)	Monk (HDTV) (SC)	CSI: Miami
	6	6	6	CHIF	Entertainment	ET Canada	The Unit "Gone Missing"		House (HDTV PA)		Lie to Me (HDTV)	TVA 22 heures
	9	9	9	CJCH	etalk	Hollywood	CSI: Miami (HDTV)		Law & Order		News (N)	News (N)
	10	10	10	ELTV	EastLink Mag.	Women's Soccer	Premiership - Halifax City vs. Scotia.	(Live)		EastLink Television		
	36	36	36	FOX	Deal-No Deal	The Simpsons	Two/Half Men	Two/Half Men	House (HDTV PA)		Lie to Me (HDTV)	Fox First
primetime	12	12	12	NBC	News (N)	NBC News	Hollywood	Extra (N)	Great American Road Trip (N)		Law & Order: Criminal Intent	Dateline NBC
	29	29	29	NW	World News	Business	CBC News	Our World	The Hour	CBC News: The National		Ten Trillion
	4	4	4	PBS-B	NewsHour With Jim Lehrer	Greater Boston	Business Rpt.	Worldfocus	Antiques Roadshow	History Detectives (N)		Nature
	35	35	35	PBS-D	NewsHour With Jim Lehrer	Business Rpt.	Worldfocus	Antiques Roadshow	History Detectives (N)		American-Hist	
	68	68	68	TQS	Rire et délire	Chemin du golf	C'lune joke	C'lune joke	CSI: NY (SC)	Pratique privée (SC)		Donnez
	23	23	23	BNN	Business News	Headline	Market Call	Berman's Call	Money Talks	Business News		Market Call
	18	18	18	CNN	Situation Room-Wolf Blitzer		Lou Dobbs Tonight		Campbell Brown (N)		Larry King Live (N)	Cooper 360
	54	54	54	GOLF	Golf Central	Top 10	Learning	Lessons	The Golf Fix	Top 10	Duel	Lessons
	52	52	52	RSE	Sportsnet Connected		Week-Baseball	HR Derby Prv.	MLB Baseball 2009 State Farm Home Run Derby (HDTV) (Live)			
	55	55	55	SCOR	(6) HSR		RaceNight		(10:15) WWE Monday Night Raw			
sports	45	45	45	SPD	Unique Whips		Pimp My Ride	Pass Time	This Week in NASCAR (N)		SuperCars	SuperCars
	53	53	53	TSN	Off the Record	SportsCentre	Billiards: WPBA		World Poker Tour			Auctions
	43	43	43	FAM	Zoeys 101	Life Derek	Wizards-Place	Han. Montana	The Suite Life	Latest Buzz	Wizards-Place	Life Derek
	44	44	44	TOON	Ben 10	Johnny Test	Jimmy 10	Total Drama	6TEEN	Futurama	Punch	Robot Chicken
	26	26	26	TREE	Ni Hao, Kai-Lan	Big & Small	Backyardigans	Night Grdn	Max & Ruby	Franklin	Little Bear	Bucket-Dinos
	27	27	27	TYV	iCarly		Prank Patrol	Prank Patrol	Malcolm-Mid.	Futurama	League-Evil	Zixx Level
	16	16	16	A&E	CSI: Miami "Invasion"		CSI: Miami (HDTV)		Intervention "Trent"		Intervention Relapse (N)	Obsessed (N)
	70	70	70	APTN	News (N)		Notre Peuple (Part 1 of 2)		Tam	Pachamama	Henri et Verlin *** (1994, Drame)	
	50	50	50	BET	106 & Park: BET's Top 10 Live (Live)				BET Awards '09			
	37	37	37	BRVO	Street Legal		Chasing the Tango High		La Traviata "La Traviata" is performed at the Teatro alla Scala in Milan, Italy.			
family	25	25	25	CMT	Dedicated "Josie Dye"		Cheer Moms	Cheer Moms	Cheer Moms	Cheer Moms	Hope & Faith	
	49	49	49	COM	Laughs	Comedy Now	Air Force	Just for Laughs	Cornier Gas	South Park	Kennedy	
	153	153	153	COURT	W-FIVE		World's Wildest Police Videos		Cops Uncut	Dumb Criminal	Police Videos	
	38	38	38	DISC	Canada's Worst Driver		Daily Planet		MythBusters		Amer. Loggers	House Hunters
	34	34	34	HGTV	Holmes on Homes		House Hunters	Property Virgin	For Rent	Income Prop.	My First Place	
	46	46	46	HIST	Tank Overhaul		NCIS "Escaped"		Tank Overhaul		Last Flight to Berlin	NCIS
	17	17	17	MM	Shot at Love-Tila Tequila		One Tree Hill		Degrassi: TNG	Instant Star	Shot at Love-Tila Tequila	MuchNews
	19	19	19	MMM	mmtop10.ca		The Daily Fix		I'm a Celebrity, Get Me Out of Here!		Entourage	
	201	201	201	M1	Stargate Atlantis		Sanctuary "Instinct"		Durham County (N)		Nurse Jackie	
	48	48	48	OLN	The Amazing Race 5		Bounty Hunter	Bounty Hunter	CyCling (N)			
cable variety	51	51	51	PEACH	Seinfeld	Friends	Family Guy	Family Guy	House-Payne	House-Payne	Trading Places ** (1983, Comedy)	
	206	206	206	PIX	(6) Brazil (1985)		(8:15) It's All Gone Pete Tong ** (2004, Comedy)		Caddyshack ** (1980, Comedy)			
	67	67	67	RDI	RDI en direct	RDI en direct	24 Hours en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)	RDI en direct
	39	39	39	SHOW	Trailer Park	Trailer Park	The Outer Limits		Cashing In	Kink in Hair	Dr. Jekyll & Mr. Hyde (2008, Suspense)	
	40	40	40	SLICE	So Chic	Skin Deep	Skin Deep	Til Debt-Part	Newlywed	Newlywed	Nearly Dead	Nearly Dead
	47	47	47	SPACE	Stargate SG-1 (DVS)		Stargate Atlantis		Star Trek: Voyager		Earthquake: Nature Unleashed (2004)	In Laws
	14	14	14	SPIKE	CSI: NY (HDTV)		UFC Unleashed		UFC Unleashed		UFC Unleashed (HDTV)	4th and Long
	97	97	97	STAR	etalk	Hollywood	The Ellen DeGeneres Show		TMZ (N)	etalk	Canada's Next Top Model	Tonight Show
	21	21	21	TLC	What Not to Wear		Little Couple	Little Couple	Little Couple	Little Couple	Little Couple	Cake Boss (N)
	56	56	56	34	TROP	North of 60 "Refugees"	Once a Thief		Carlawood (N)		Ground Up	Smarter
cable variety	20	20	20	TVS	Que. champion	Journal de Fr2	L'Habit ne fait pas le moine		De Gaulle intime		Planète	
	28	28	28	V	Nothing Too Good		Murder, She Wrote		Green Grass	Summer Wine	SOUL "My Way"	Secret Files
	60	60	60	TV7	Da Vinci's Inquest		Judging Amy		Most Haunted (Part 2 of 2)		The Closer	The Mix
	22	22	22	W	Style by Jury		Style by Jury	Friends	How Clean	Kim	Love It or List It	Very Merry
	251	251	251	WGN	Be-Millionaire	Evening News	Two/Half Men	Family Guy	One Tree Hill (HDTV)		Gossip Girl (HDTV)	WGN News

### critics' corner

#### Lie to Me

Lightman (Tim Roth) becomes obsessed with his investigation of two women (guest stars Niala Azad and Seema Lazar) who committed suicide. The team tries to recover billions of dollars for investors who were scammed by a Ponzi scheme. 10 PM on CHIF, FOX



#### Kim's Rude Awakenings

Construction and renovation are dirty work, but apparently someone forgot to tell the McKnights. They live in a home that's always being worked on, but they never clean up the mess when a project is done. In addition, Mom and Dad are so wrapped up in the various home projects that they're apparently neglected the two kids' etiquette training. Enter "clean queen" Kim Woodburn and co-host Mike Chalut. 9:30 PM on W

#### Durham County

This neighborhood makes Wisteria Lane look like Mayberry. Season two of this dark drama finds Mike Sweeney (Hugh Dillon), the big-city detective transplanted to suburbia, dealing with more dark and disturbing matters. Serial killer Ray Prager (Justin Louis) is in prison but still playing his mind games, while Mike deals with marital troubles, a mom accused of murder and a forensic psychologist (Michelle Forbes) on the brink of madness. 10 PM on M1

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Less than a month after Kate Gosselin filed for divorce, Jon Gosselin and 22-year-old Hailey Glassman (the daughter of the doctor who performed Kate's tummy tuck) were spotted holding hands, usmagazine.com reports. **METRO NEWS SERVICES**

## Celebrity Buzz

### Stewart laughs off rumours

**WHAT FUN** Twilight star Kristen Stewart has been getting a kick out of the rumours flying around about her and co-star Robert Pattinson — including the latest that she's pregnant with his child. Stewart is currently filming *The Runaways*, a biopic about Joan Jett's famous punk band. "Joan and Kristen managed to have a laugh about the rumour," a source tells *Life & Style*. "Kristen just thought it was ridiculous."

**METRO WORLD NEWS**



### Jolie finds her old love: Flying

**BACK IN THE COCKPIT** Angelina Jolie resumed one of her favourite hobbies in L.A. last week: Flying lessons, usmagazine.com reports. The actress, 34, went to Burbank without Brad Pitt or her kids to meet up with a flight instructor. The duo flew to Santa Barbara, where they spent "about two hours," a witness tells usmagazine.com.

**METRO WORLD NEWS**



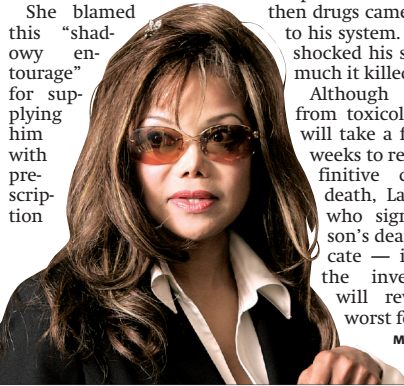
### La Toya suspects murder

**CRIME ALLEGED** One week after Los Angeles police confirmed that investigators had not ruled out homicide in the death of Michael Jackson, the late singer's older sister, La Toya Jackson, reveals that she suspects he was murdered, usmagazine.com reports the U.K.'s *Mail On Sunday* as saying.

"I believe Michael was murdered," she said. "I felt that from the start. Not just one person was involved, rather it was a conspiracy of people. He was surrounded by a bad circle. Michael was a very meek, quiet, loving person. People took advantage of that."

People fought to be close to him, people who weren't always on his side."

She blamed this "shadowy entourage" for supplying him with prescription



drugs.

"They got him hooked on drugs," she said. "He was pure and clean and then drugs came back into his system. I think it shocked his system so much it killed him."

Although results from toxicology tests will take a few more weeks to reveal a definitive cause of death, La Toya — who signed Jackson's death certificate — is certain the investigation will reveal her worst fears.

**METRO NEWS SERVICE**

### Rowe on the frontlines

**COURT BATTLE** Debbie Rowe, the ex-wife and biological mother to two of Michael Jackson's three children, has kept a low profile since the singer's death on June 25. But now that a hearing has been scheduled at Los Angeles Superior Court on July 20 for temporary guardianship of the children, Rowe plans to be seen, people.com reports.

"(Debbie) says that she will definitely be at

the custody hearing," says Marc Schaffel, a former business partner of Jackson's and a close friend of Rowe's.

Rowe's children — Prince Michael, 12, and Paris, 11 — have been staying with their grandmother Katherine Jackson at her Encino, Calif., home since the singer's death. Blanket (Prince Michael II), 7, Jackson's youngest child, was born from an unidentified surrogate.

**METRO WORLD NEWS**



### The mysterious Melrose

**IT'S A SUPER SUPER SECRET** Melrose Place star Ashlee Simpson-Wentz has no idea what sort of scandal will unfold on the upcoming TV series — because the show's producers refuse to let her read future scripts, femalefirst.co.uk reports.

The singer/actress is counting down the days until the show airs in the U.S. in September — so she can finally find out secrets about her character, Violet

Foster, a small-town girl new to Los Angeles.

She tells MTV.com, "I play the girl that's straight-off-the-bus. It's exciting because we don't get to see the next episode. We don't get to read the scripts until we're actually about to shoot it, and everyone is dying to know what's going to happen to their characters, so it's fun. It'll be exciting to play that arc."

**METRO WORLD NEWS**



### Brit to switch faiths for new boyfriend?

**ALL FOR LOVE** Britney Spears is reportedly so head-over-heels in love with her new boyfriend and agent, Jason Trawick, that she's considering changing her religion.

While hitting the road in Europe, Spears has been spotted wearing a Star of David necklace, and she's even recruited a rabbi to help her study the faith, sources tell the

Sun.

"Britney wants to try the religion Jason was brought up with," a source says of the singer, who was raised a Baptist but also dabbled in Kabbalah a few years back at Madonna's suggestion.



**METRO WORLD NEWS**

### Show Seacrest the money

**WHAT RECESSON?** Ryan Seacrest is reportedly finalizing a deal that would make him one of the highest-paid reality TV hosts, tvguide.com reports. Seacrest now pulls just shy of \$5 million US a year but would receive a "major pay raise."



**METRO NEWS SERVICES**

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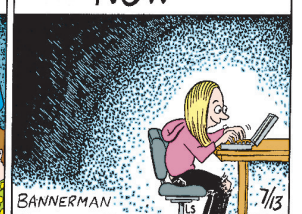


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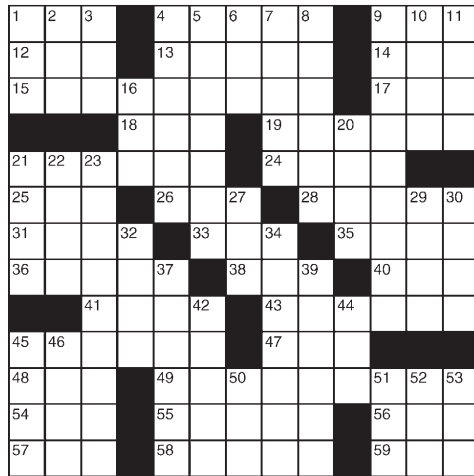
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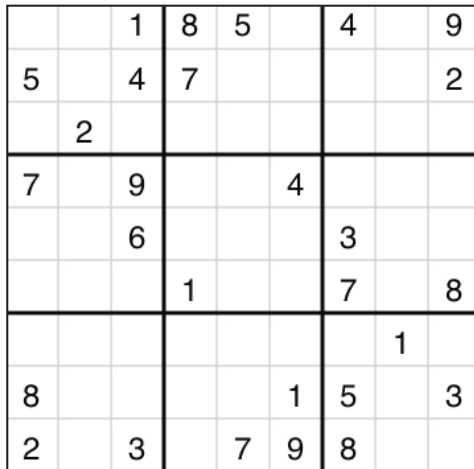
## Take Five



## Sudoku

For more/less challenging Sudoku puzzles, visit [metronews.ca](http://metronews.ca)

**HOW TO PLAY:** Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



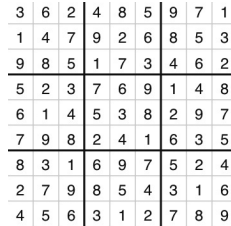
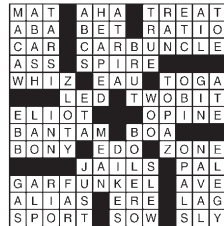
## Crossword across

- 1 Ocean motion
- 4 Fulton's power source
- 9 Winter ailment
- 12 Writer Buscaglia
- 13 Cognizant
- 14 Fleur-de —
- 15 They get jacked up
- 17 Exist
- 18 Umpire's call
- 19 Heart lines?
- 21 Vacationers' site
- 24 Fit of peevishness
- 25 Biblical verb ending
- 26 Unfamiliar
- 28 Hits with the open hand
- 31 Ella's specialty
- 33 Shad product
- 35 Member of the brass (Abbr.)
- 36 Pitch
- 38 Tolkien creature
- 40 Greek vowel
- 41 Lima's country
- 43 Very funny joke (Sl.)
- 45 Scandinavian nation
- 47 Gorilla
- 48 Myrna of movies
- 49 Mountain road feature
- 54 Rd.
- 55 Mark above an ð
- 56 Doctor's charge
- 57 "Certainly"
- 58 Watched surreptitiously
- 59 — for (choose)

## Crossword down

- 1 Sprite
- 2 — canto
- 3 Squeezing snake
- 4 Ringed planet
- 5 Chirp
- 6 Listener
- 7 Geometry answers
- 8 Quarks + antiquarks
- 9 Levies based on a single percentage
- 10 Old Italian money
- 11 Works with
- 16 Additionally
- 20 Anger
- 21 Take 10
- 22 Engrave
- 23 Having keen sight
- 27 Travail
- 29 Townshend of The Who
- 30 Cicatrix
- 32 Pigeon —
- 34 Duel challenge
- 37 Takes with force
- 39 Drew from
- 42 Square
- 44 Prepared
- 45 Dispatch
- 46 Made on a loom
- 50 Foreman foe
- 51 E.T.'s craft
- 52 Agent, for short
- 53 Trawler gear

## PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

Find today's answers + play more games at [metronews.ca](http://metronews.ca)

## SUDOKU SOLVE TIME:

Under 13 min .....Genius  
13-17 min .....Scholar

17-21 min .....Smart  
21-25 min .....Not bad  
25+ min .....Keep practising

## Metro Recipe of the Day



## Bean and Mushroom Burgers

## INGREDIENTS:

- 1 can (19 oz / 540 ml) red kidney beans
- 2 medium red onions
- 4 tbsp (60 ml) olive oil
- 2 tbsp (25 ml) red wine vinegar
- 2 tbsp (25 ml) light brown sugar
- 1/2 lb (250 g) cup mushrooms
- 1 clove garlic
- 1 tbsp (15 ml) garam masala
- 2 tbsp (25 ml) whole-wheat flour
- Small bunch of fresh mint
- Salt and black pepper
- 4 pita breads

## METHOD:

1. Rinse beans well; spread on dish towel to drain.
2. For red onion relish, heat 1 tbsp (15 ml) olive oil in pot. Peel onions; slice one onion thinly and add to pot with vinegar and sugar. Bring to boil, stirring, then reduce heat and leave to simmer, uncovered, 15-20 minutes, or until onion is softened and slightly sticky, stirring from time to time. Remove pot from heat and keep warm.
3. Meanwhile, quarter remaining onion and put in food processor. Clean mushrooms, add to onion and process until finely chopped.
4. Heat another tablespoon

of olive oil in frying pan, add onion and mushroom mixture, and cook over fairly high heat, stirring occasionally, for 5-8 minutes, or until golden and dry.

5. Peel garlic, crush into mushroom mixture, stir in garam masala and flour and cook 1 minute. Rinse, dry and chop enough mint to give 2 tbsp (25 ml). Remove pot from heat, add mint and season with salt and pepper.
6. Put beans onto deep plate and mash firmly with potato masher, then stir in cooled mushroom mixture.
7. Divide mixture into four; with lightly floured hands, shape portions into burgers.
8. Heat remaining oil in large frying pan, add burgers and cook over fairly high heat 6-8 minutes, turning once, until well browned. Warm pita breads.
9. Arrange burgers on warm plates and spoon onion relish over top. Serve with warm pitas and green salad.

## SERVES 4



## Horoscopes by Sally Brompton

[sallybrompton.com](http://sallybrompton.com)

## ARIES

MARCH 21-APRIL 20



If your conscience tells you that what you are being asked to do by someone in a position of power is wrong you must say, "No."

## LIBRA

SEPT 23-OCT 23



You'll need some time to yourself today to get your head around changes in your life. If you don't feel up to a meeting of some kind, reschedule it.

## TAURUS

APRIL 21-MAY 21



Don't let anyone talk you into accepting less than you're entitled to today — either on the work front or in your private life — no matter their excuses.

## SCORPIO

OCT 24-NOV 22



Today you'll test the theory that the best way to break an obsession is to indulge it so much you get sick of it. One thing's for sure; you'll have fun.

## GEMINI

MAY 22-JUNE 21



You won't lack for energy or ambition now that go-getting Mars is transiting your sign, but watch out you don't push yourself too hard.

## SAGITTARIUS

NOV 23-DEC 21



A relationship has reached the point where you must either commit to it one hundred per cent or forget about it and move on to other things.

## CANCER

JUNE 22-JULY 22



The time has come to face up to a fear that has been tormenting you for as long as you can remember. The danger only exists in your mind.

## CAPRICORN

DEC 22-JAN 20



Let other people take care of details today. Keep your eye on the bigger picture and ensure the project you're working on with others stays on course.

## LEO

JULY 23-AUG 23



You will have zero tolerance today for anyone who tries to confuse or mislead you. You demand the truth of your friends and colleagues.

## AQUARIUS

JAN 21-FEB 18



Mars in your fellow Air sign of Gemini endows you with limitless self-belief. It also gives you the physical energy you will need to tackle a task.

## VIRGO

AUG 24-SEPT 22



With Mars, planet of ambition, transiting the career area of your chart you can sense this is the time to make an impression at work. Make it a big one.

## PISCES

FEB 19-MARCH 20



A highly personal situation needs to be dealt with and there may be tears before bedtime. Don't hold back if you've got something to say.

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## WORDY GURDY®

BY TRICKY RICKY KANE

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

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1. Company glossary entry (1)
2. Highly uncommon pizzazz (1)
3. Crafty Hannah player Cyrus (2)
4. Doesn't have casual pants (1)
5. Quicker minister (2)
6. Pretty girl's "germs" or bug games (2)
7. Omitting reading a cut-out news story (2)

ANSWERS  
1. FIRM TERM 2. RARE FLAIR 3. WILY MILLY 4. LACKS SLACKS  
5. FASTER PASTER 6. CUTTER COOTIES 7. SKIPPING CLIPPING  
7-13-09





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